

June 25, 2021

Issue #58

Shrine paints Ann Arbor

The
Crazy Wisdom
Weekly



shining a light in the dark



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The Crazy Wisdom Weekly



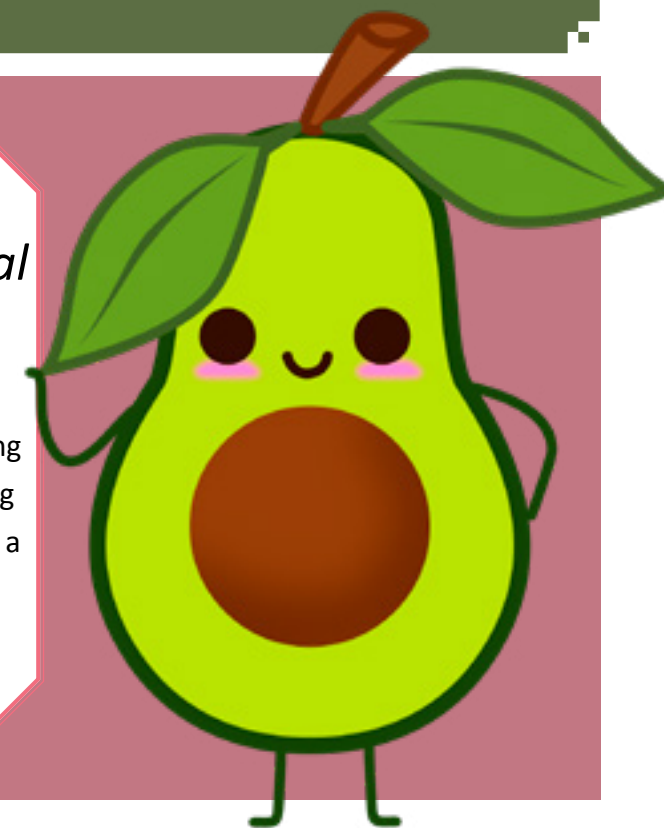
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Have a great summer!

The Crazy Wisdom Community Journal
is looking for a few good writers!

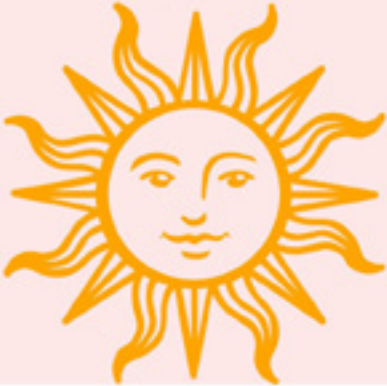
We're specifically looking for writers about food, farms, and local food-related cultural topics. But we're also always looking for writers on other topics for our holistic and conscious living magazine. If you are interested, email a cover note to us, and a few article ideas, to
jennifer@crazywisdom.net.



SUMMER SOLSTICE Prayer

*The Sun god reaches the height of his power,
As all of the plants are now in flower,
The longest day brings us strength and vigour,
As we pursue our aims and goals with rigour.
Love is fulfilled in the warmest of days,
Blessed by the fertilising Sun god's rays,
Summer fruits ripen and fill us with pleasure,
In carefree moments we will always treasure.
All of nature is filled with sweet bliss,
Fruitfulness blesses each honey-soaked kiss.
Now is the time of abundance and light,
We rejoice in days so happy and bright,
Knowing that we grow in wisdom and might.*

**Summer Solstice is
Sunday, June 20**



**Shop Crazy Wisdom Bookstore
for all your
solstice celebration supplies**

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Hilary Nichols
Linda Berry
Amanda Cinco-Hoyt
Jennifer Carson
Carol Karr
Bill Zirinsky

word of the week:

Kith

Acquaintances, friends, neighbors,
and the like.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

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SHRINE LEAVES HIS MARK on Ann Arbor

By Hilary Nichols

Most of us here in Ann Arbor did not have any idea what to expect when the tall, thin man placed his ladder up York’s blank brick wall on May 20th. The artist known as Shrine is a painter, muralist, and sculptor, creating outdoor art installations all over the world for the last few decades. Originally from Pasadena, California, Brent Allen Spears, aka Shrine, has been an artist his whole life. At his grandmothers’ tables he was praised for his talents while everything else in his young world wasn’t so pretty—so he identified as an artist from a very early age. His colorful style and steady hand grew over time from realism to his current style of modern folk art mastery. Now his exaggerated, colorful, overlapping geometric designs stretch ten stories up in New York and wrap countless corner tattoo parlors and salons in Portland, San Francisco, Austin, LA, and throughout the festival circuit worldwide.

But what put him on the map as one of the truly great artists of our time is the more meaningful work that he has dedicated himself to lately. Beautiful offerings in conflict zones and refugee camps are the passion that has Shrine painting whole villages in Uganda, and a hospital in Tanzania, and a center for autistic adults in Kenya. He is ready and willing to collaborate with local artisans and everyday neighbors in areas that have no galleries. “Taking art somewhere that it has value, it is a different function. It is a personal preference, to choose to make art that will actually improve real lives.”

You can measure such actual impact by the number of people that gather at the Great Oven. While he was painting in Beirut, conflict broke out, leaving thousands in unstable conditions. Along with international chef James Gomez Thompson, Shrine painted and installed the initial Great Oven to fuel a common kitchen and the community that grew up around it. The ongoing Great Oven Project places communal ovens into refugee camps and conflict zones to provide sustainable food relief and creative community building with the great forces of food, music, and art. You can see Shrine’s cheerfully painted altar of an oven as it shines as a beacon of love on the Great Oven website.

These efforts not only add beauty where there is so much strife, but they leave this infectious discovery behind: that anyone and everyone can be an artist. “I just show people how I do it. It is simple, here are the tools and the time. Just getting that

simple information out to everybody is the real gift in what I leave behind.”

In Tripoli, Lebanon, Shrine was invited to join courageous youth from two sides of a conflict as they finally abandoned hate and fear and picked up paint brushes, applying new hope and a pretty color palette to a set of stairs that divided them. «It is amazing what a common project can do.»

Shrine doesn’t take requests, and he doesn’t prepare beforehand. He arrives and surveys the scene to engage the vision as it comes. I met Shrine in 2005 when he returned from crafting trash temples in Bali on our common friend’s film project. He has been a friend and favorite artist since, but I was surprised when he responded favorably to my Instagram query so quickly. He found the few days to squeeze in the YORK commission in an instant. Between designing a five-story tower for Google and an industrial sculpture in Mexico, before a month in Lebanon, he agreed to a week in Ann Arbor. That first day, travelling through town, Shrine noted how much blue we wave, so his eye went the opposite direction to pink. No sketches or templates because that would take all the fun out of it. Making the art is his whole driving force, and he reserves that drive to inspire his 6 a.m. arrivals and long hours on the ladder in the hot sun. Eight gallons of the best paint later, he stands back to ponder the yellow, orange, and pink triangled pattern that came to life at his hand, and quickly began to cut in the scalloped edges of white along the stripes. “Some soft rounds, an organic element is called for to add some more gentle shapes for the play of pathos in this piece,” Shrine assessed.

He won’t be done until he’s totally content. Even if that means he will be painting in the dark. Shrine does intend for us to feel these patterns and colors and to imbibe on the delicious color palette as we take in food and drink. And in much the same way, we will ingest the impact of this bright addition to our favorite courtyard and be moved. There is so much glowing warmth and open heart on this wall, we can taste it as we relish in the worldly addition to our town. More Shrine to come. Stay tuned.

See Shrine’s new art at [York](#) at 1928 Packard Street in Ann Arbor. Learn more about Shrine on his [Instagram](#).



From Issue #77

Finding Wellness Through Your Spiritual Anatomy



By Linda Berry

What do you get when a poet and a chiropractor set out to explore and revitalize the physical body from a spiritual perspective? Poet Elizabeth Alberda and I created the work and workshops called Spiritual Anatomy. Our journey took us from the inner workings of the body’s organs and tissue to the mystical and mythical writings and imaginings of teachers and scholars.

At its heart, spiritual anatomy became a practice—a study of the human body as a reflection of the soul. We visualized the soul telling its story through the physical body, using tools like meditation, writing, movement, and sound to evoke and express that which was within. Each month we focused on the unique aspects of a certain body part which allowed us to call forth that which needed healing and that which provided strength.

*At its heart, spiritual anatomy became a practice—
a study of the human body as a reflection of the soul.*

As beings composed of a Spiritual Anatomy, we embody balance, homeostasis, wholeness, and health. Our brain holds the vision of our whole, unblemished health. Science shows that after amputation a “phantom limb” remains. Recovering yourself through Spiritual Anatomy allows you to envision your perfection as a dance, a poem, a song, or a dream.

How do we recapture this innocent acceptance of our wholeness, our holiness? Harnessing the power within through physical, energetic, creative, intellectual, and meditative exercises, Elizabeth and I set out with a group of intrepid explorers. As the chiropractor, I built the scaffold of body parts and processes by giving names and teaching functions. Elizabeth blew soul wind into the forms with words and spirit practices.

We relied heavily on myth, folk wisdom, spiritual teachers, and practices from our own investigation and trainings for the groundwork. Each month, as a different system of the body was unveiled, we let Spirit guide us and our group toward the achievement of greater joy in our lives.

I invite you now to allow yourself to expand the “Health within You” with one small exercise. Consider that health is the entity within, and we are all born with a large, all-encompassing amount of it. Within us is a life force so powerful, so intelligent that it commands our heart to beat, our lungs to expand and contract, our hormones to rise and fall, our digestive system to extract exactly what it is needed—and this happens moment to moment all the years of our lives.

Prepare for this experience by being seated in a comfortable position with pen and paper handy for recording words, images, or messages you may receive from within. If you wish, you could record your voice describing this process and then play it while meditating. Or you could have a trusted companion read the words to you and you signal when to pause.

The meditation:
The intention of this meditation can be whatever you designate. However, consider this an opportunity to Re-member parts of your anatomy that may be lost, or neglected, or just have something to say to you!

Close your eyes and visualize yourself walking a path through the woods. Know that you are safe and protected by the spirit that moves through all things. Feel the warm breeze, smell the leaves and the undergrowth, hear the water flow in the brook by the side of the path. Up ahead the path crosses over the brook on a small wooden bridge. As you walk across you come to a large oak door. You step forward and open the door. In front of you now is an open meadow with wildflowers, soft grass, and singing birds. In the center of the meadow is a round table with several chairs. You take a seat at the table facing the open doorway you just passed through.

With silent intent, you ask your spirit guide, your ancient one, to sit on your left side. Thank them for coming when they arrive. Now ask that your inner creative, playful, joyful child come and sit on your right side. Thank them for coming.

Now announce your intention for being here today. (Ours was to ask for all our body parts still in need of healing or of communicating in some way to come to the table with us). Say, “I have undertaken a journey of merging flesh and spirit into

an integrated whole through the process of spiritual anatomy. I now ask that any body parts that have information or wish to be present for this integration to come and participate or observe. I invite you to enter one at a time through the open door and be with us at the table.”
Focus your attention now on the doorway with an open heart, open mind, and sense of play.

Who has arrived? (I once had my intestines slither in!) Thank the body part for joining you and say, “I’m open and eager to hear what you have to say, to know what you may need, and to receive any information you can share to help us on our journey toward wholeness. If you are willing to communicate with words, sounds, pictures, or even just feelings, please feel free to do so. If you just wish to be present as witness, join us.”

*We relied heavily on myth, folk wisdom, spiritual teachers,
and practices from our own investigation and trainings for the
groundwork.*

You may wish to take time to write down what each body part transmits before moving to the next part of the exercise.

Say, “Now from the intricate richness of the left and right halves of our brain, from the masculine and the feminine, from our playful, creative self, and our spiritual, mystical, ancient self, we

offer these possibilities” to let the body part know that the three selves gathered here would like to offer possibilities for healing, wholeness, and reintegration. Ask if this would be acceptable and if so continue. Allow the ideas to flow as a beam of light, color, and sound to the body part who has arrived. Do this for as many body parts as wish to join the gathering.

When a sense of completion for this day arrives, thank all the body parts for their participation. Stand and offer each a loving embrace before closing. Go back through the door, down the path, and back into the present moment.

The energy wave generated by this exercise may manifest in many ways. Your dreams could be rich and vivid. You may find yourself drawn to some particular music or movement. You may rediscover yoga, writing, or a forgotten art form from your past. Or perhaps you have unearthed fodder for talk therapy or sharing with a friend. Whatever arrives, may it ignite with you a cohesion of your body and your soul, what we like to call your Spiritual Anatomy.



Dr. Linda Berry is the co-founder of Complete Chiropractic and Bodywork Therapies. For more info: <https://chiroannarbor.com>.

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Natural Dyes Tell The Story of Where you Live

By Amanda Cinco-Hoyt

"The story within any natural dye can take you to a place in time, a history lesson of warriors, of antiquity, or harken to your favorite local hiking trail. The Crazy Wisdom journal story highlighting our organization, Color Wheel, ends on a note that makes for a great starting point for this blog:

"Foraging for native plants [for dye] tells the story of where we live." Michelle McCoskey

Plants tell the story of place and conditions, and most of us can bring forth a favorite memory through that connection.

To some, it is the arrival of a certain bright red berry. For others, it may be a beautiful blossom to look forward to every spring, or perhaps a sea of golden leaves beckoning to be waded through while walking around a familiar neighborhood. To a natural dyer, the sensation and story line that a certain plant contains creates a whole new dimension. Be it the color that specific plant offers on cloth, when that plant is most full of color, or the optional time for harvest. Sometimes even an olfactory memory is signaled, causing goldenrod's lemony sweet scent to rush forward.



In a recent post on our instagram account @colorwheelmichigan, Michelle highlights a skein of wool that was grown and milled within our Great Lakes Fibershed region, purchased from Bridget Kavanaugh, a wool farmer of Happy Goat Lucky Ewe farm and member of the Michigan Fiber Cooperative, an organization that combines the efforts of multiple wool growers in the region. The skein was then dyed by Michelle of Color Wheel with a mix of collected native flowers, leaves, and acorns gathered from her favorite place. This golden yellow is a fingerprint of the color we are surrounded by in our Great Lakes state. Actually, yellows of all various shades are abundant in our state. Learning this through exploration was one of the main instigators in us creating Color Wheel.

Having the opportunity to grow colors locally that would otherwise only be available via the internet allows us a greater rainbow of local hues and a wider palette to include in our Fibershed collections. It also offers the hands-on opportunity to connect with the plant and stimulate the folk pathway of shared knowledge with the history that plant has to offer. Applying locally foraged or grown color to local fibers, grown and

processed in our region, was a main goal we had and reached this year. Through Color Wheel, we are able to grow colors that do not grow as abundantly in nature, especially in our mild, temperate climate, such as red from Madder root and blue from Japanese Indigo and Woad.

According to webexhibits.org, "Madder has been cultivated as a dyestuff since antiquity in central Asia, where it was grown as early as 1500 B.C. Cloth dyed with madder root pigment was found in the tomb of the Pharaoh Tutankhamun and in the ruins of Pompeii and ancient Corinth." With a history as rich as madder, one can't ignore the vivid imagination that stirs while carefully digging up homegrown roots that started from seed and take three years to reach maturity and finally offer the substantive dye for which this plant is known. [http://www.webexhibits.org/pigments/indiv/history/madder.html]

As for blues, nature has very few to offer by way of substantive color and lightfast dye.

Japanese indigo and Woad both contain indigotin, an insoluble blue chemical that is the endpoint of indigo dye. Japanese Indigo contains a much higher quantity of indigotin, which eventually eliminated the Woad industry in Europe once trade routes to India were discovered in the late 15th century. Japanese Indigo is one of our

favorite dyes to work with, and just as the other dyes, holds its own distinctive smell; an earthy smell, that signals that the living vat is healthy.

For us, Japanese indigo, this thousands-of-years-old dye, reminds us samurai warriors, of planting the first seeds we grew in 2015 with a lot of hope, millions of happy pink flowers dangling for bees in the summer, harvesting and separating leaf from stem with a community of people eager to meet the result, "Ooohs" and "Aaahs" as the indigo fabric takes its "first breath" and begins oxidizing, bringing forth its incredible natural hue, and harvesting seeds in the fall to prepare and begin the entire cycle of growing and dyeing again in the spring."

Read more about natural dyes and Colorwheel online.



Crazy Wisdom Poetry Series

hosted by
Edward Morin, David Jibson,
and Lissa Perrin

Second and Fourth Wednesday
of each month, 7-9 p.m.

Until further notice, all sessions
are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Featured readers

July 28 - William Trowbridge's eighth poetry book is *Oldguy: Superhero—The Complete Collection*, Red Hen Press, 2019. His ninth, *Call Me Fool*, is forthcoming from Red Hen in 2022. He is a poetry mentor in the University of Nebraska Omaha Low-residency MFA in Writing Program and was Poet Laureate of Missouri from 2012 to 2016.

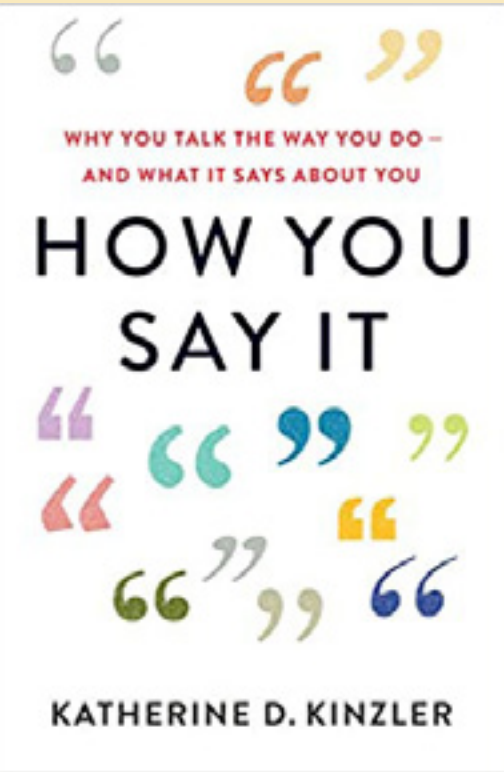


Crazy Wisdom Poetry Circle

*The Poetry Series is open to all.
There is never a charge.
<https://cwcircle.poetry.blog/>*



Crazy Wisdom Book Pick of the Week



We gravitate toward people like us; it's human nature. Race, class, and gender shape our social identities, and thus who we perceive as "like us" or "not like us". But one overlooked factor can be even more powerful: the way we speak. As the pioneering psychologist Katherine Kinzler reveals in *How You Say It*, the way we talk is central to our social identity because our speech largely reflects the voices we heard as children. We can change how we speak to some extent, whether by "code-switching" between dialects or learning a new language; over time, your speech even changes to reflect your evolving social identity and aspirations. But for the most part, we are forever marked by our native tongue—and are hardwired to prejudge others by theirs, often with serious consequences. Your accent alone can determine the economic opportunity or discrimination you encounter in life, making speech one of the most urgent social-justice issues of our day. Our linguistic differences present challenges, Kinzler shows, but they also can be a force for good. Humans can benefit from being exposed to multiple languages—a paradox that should inspire us to master this ancient source of tribalism, and rethink the role that speech plays in our society.

[Purchase your copy of *How you Say It* at shopcrazywisdom.com.](https://shopcrazywisdom.com)



Animals and Pets

Basic Animal Communication with Judy Liu Ramsey • Saturday, June 26 • 9:00 a.m. • Rediscover your natural telepathic communication skills with step-by-step instruction. In a supportive class environment, learn how to connect with animals the way they communicate with each other. It’s a FUN, CREATIVE and FASCINATING window to the world around us! Class will be online via ZOOM format. Two days, June 27-27, 9am-4pm, ZOOM format. Fee is \$150 per person, \$50 for repeating students. Contact Judy Ramsey via email at ramsey.judy003@yahoo.com or <https://JudyRamsey.net>.

Bodywork and Body mind Therapies

Bowenwork4kids with Lisa M. Teets • Monthly, Third Sundays: July 18, and August 15 • 3:00 p.m. • Bowenworks4Kids is an opportunity for children to receive high quality soft tissue Bowenwork therapy. It can provide permanent healing and relief of pain from a multitude of acute and chronic conditions. The work frequently results in a deep sense of overall relaxation and facilitates the recharging and balancing of the body. Young people respond well to this work. First session free for kids under 17. Visit online at Bowenfix.com. Contact Lisamteets@gmail.com.

Book Discussion Groups

Jewel Heart Readers with Jewel Heart Instructors • Monthly, second Mondays; July 12, August 9 • 7-8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free, but donations welcome. Contact Jewel Heart at programs@jewelheart.org or 734-994-3387 for this month’s book selection and participation information. Visit the Jewel Heart website at jewelheart.org.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom. Modern Times with Demo Rinpoche or Gelek Rimpoche • Weekly on Sundays through August 29 • 11:00 a.m. • We invite you to enjoy one-hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rimpoche. Stay tuned for the moderated discussion after the talk. Free, yet donations welcome. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, click on the link accompanying this program’s listing at jewelheart.org/free-

weekly-virtual-programs. For more information, visit the Jewel Heart website at jewelheart.org.

Zen meditation and service; Informal conversations on the Dharma with Marta Dabis • First and Third Sundays: July 4, July 18, August 1, Aug 15 • 11:00 a.m. meditation; 11:40 a.m. service • Traditional Japanese Zen Buddhist meditation in the lineage of Shrunyu Suzuki, followed by Buddhist chanting in English and Japanese, and an informal conversation about Buddhism. Donations only. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

Karma—Opportunities and Challenges (Applied Meditation Technology series) with Hartmut Sagolla and Supa (Greg) Corner • July 10 • 9:00 a.m. • What causes the events in our lives to happen? Is it chance or the actions of a higher power—or just cause and effect? This workshop explores the reality of actions and their consequences through guided meditations, individual meditation, and discussion. \$25 Jewel Heart Members / \$30 Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website at jewelheart.org. Contact Jewel Heart at 734-994-3387 or email programs@jewelheart.org

Ceremonies, Celebrations, and Rituals

Ryaku Fusatsu - Full Moon - Vow Renewal - Ceremony with Marta Dabis • Fourth Sunday of each month through August 22 • 11:00 a.m. • After 40 minutes of Zen meditation, a traditional Japanese Full Moon (vow renewal) ceremony will be held in English. Donations only. Contact Marta Dabis at 248-202-3102 or email JissoJiZen@gmail.com; JissoJiZen.or.

Death and Dying

Death Cafe with Rev. Annie Kopko via Zoom • Monthly on First Tuesdays, through August 3 • 6:30 p.m. • Discussion of Death and Dying. Free, but donations appreciated. Contact the Interfaith Center for Spiritual Growth at 734-327-0270 or interfaithspirit.org.

End-of-Life Doula Training with Patty Brennan • July 7, 17, 18 • 9:30 a.m. • End-of-life doulas are the new frontier in end-of-life care. Their emergence is an outgrowth of recent cultural trends favoring more natural and holistic approaches for an aging generation of baby boomers. Our End-of-Life Doula Training covers how to provide non-medical comfort and support to the dying person and their loved ones in the final days, weeks, and months of life. \$697. Contact Patty at 734-663-1523 or patty@lifespandoulas.com; LifespanDoulas.com.

Dreamwork

Dream Encounters (When it’s not “just a dream.”) with Michelle McLemore, CHTP, Rev. • Sunday, August 8 • 2 p.m. • Discuss spiritual and other encounters that can occur during sleep. Examine your dream “tells” that reveal you are not just dreaming. Techniques for staying within the encounter as well as to disengage and wake as needed will be offered. 1.5 hour with time for discussion. \$50. TBD if on-site or via video conferencing. Contact Michelle at 517-270-0986 or energy@michellemclemore.com; facebook.com/MichelleMcLemoreHealingGuide.

Exercise and Fitness

Exercise and Fitness Virtual TRX Suspension Class with Gwyn Jones • Through September • Wednesdays 8:15-8:45 a.m., Fridays 8:15-8:45 a.m. • TRX is suspension training workout that will give total-body health benefits for everyone. Gravity is your resistance here, so adjusting and modifying your moves gives you the advantage to choose the level of difficulty you want. Modifications are given for every move, so you always keep building workouts. TRX will challenge your strength, core, and cardio individually or all at once. Students will need their own straps. \$10. Contact Gwyn by filling out an online form at gwynjonespilates.com.

Moving Meditations: Spiritual Forms for Physical Health with Michelle McLemore, CHTP, Rev. • Saturday, July 10 • 11:00 a.m. • Religions across the world share many of the same moving prayer forms. Research shows the combination of focused thought along with movement increases energy intake & energy flow, raises vibration, and helps the overall physical health. Explore poses that overlap between yoga, Christianity, Islam, and other spiritual, intentional forms. Learn a short moving meditation that combines the health-improving, most utilized poses world-wide, yet is not linked to one set religion or dogma. 1 hour workshop. Participants should bring their own towel or yoga mat. \$40. Contact Michelle McLemore at 517-270-0986 to register or visit energy@michellemclemore.com; facebook.com/MichelleMcLemoreHealingGuide.

Meditation

Mornings of Mindfulness with Esther Kennedy, OP • July 10, August 7 • 10:00 a.m. • We gather monthly as a Mindfulness Community to deepen our understanding and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amp up our capacity to be love within family, neighborhood, city, and world. \$15; \$40 for all three. Contact the Weber Center at 517-266-4000 or webercenter@adriandominicans.org.

Sufi Chanting, Movement, and Meditations with Imam Kamau Ayubbi • Every Tuesday through August • 6:30 p.m. • Sufi study and celebration via Zoom. Donations \$5-10 per class. Contact the Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Freedom: Online Sound Bath with Rob Meyer-Kukan • July 4 • 7:00 p.m. • Join Sound Therapist, Rob Meyer-Kukan, for this celebration of FREEDOM on Independence Day. Singing bowls, gongs, chimes, and more will be combined to bring the listener to a space of relaxed freedom. This sound bath meditation is brought to you in a donation-based model; you may donate at paypal.me/robbmk. To watch/listen to this sound bath meditation, visit youtube.com/robmeyerkukan. FREE. Contact 7 Notes Natural Health at 248-962-5475 or rob@robmeyerkukan.com; robmeyerkukan.com.

Training for Teaching Youth Mindfulness (2-day workshop) with Rita Benn, Kristin Ervin, and Mary Spence • Tuesday & Wednesday, August 3 - 4 • 9:00 a.m. • Educators and mental health professionals will learn to translate their personal practice of mindfulness into the classroom and clinical setting. We will share ideas on how to address our collective trauma using the skills of mindfulness. We will focus specifically on adapting key mindfulness practices for emotion regulation and stress management. Participants will explore teaching these practices in breakouts with their peers under the guidance of the instructors. Scripts and handouts will be provided. Participants will have opportunity to take time in restorative mindfulness practice in a retreat like, nature setting by the lake. CEU’s and SCECH’s provided. \$255 by July 15; \$295 after this date. Contact info@mc4me.org.

Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg, R.P.T., Certified Essence Repatterning Practitioner • Sunday, July 18, 25, August 1, 8 • 1:00 p.m. • Learn how to create a sacred, protected space to astral travel safely to the planets associated with the Ten Sephirot (Spheres) in the Tree of Life, to become more deeply acquainted with ten different aspects of G-D. Learn how to connect to the energy of each different aspect of G-D, and the special quality that it represents. You may receive invaluable messages and/or answers to compelling questions. \$190 for all 4 parts. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Music, Sound, and Voice Singing for Comfort (via Zoom) with Interfaith Center for Spiritual Growth • Second Thursdays: July 8, August 12 • 7:00 p.m. • Music and song for comfort. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Retreats

Joyful Summer Retreat: Kingdom of the Mind—Mind and Mental Faculties with Demo Rinpoche • Friday, August 20 - Sunday, August 29, 8:30 a.m. • The mind is mirror-like, luminous, and rich with possibility. Yet, when obscured by negative thoughts and emotions, we experience life as confusing and harsh. Come explore the mind and its inner workings and gain understanding of how we can fulfill our greatest potential. \$475/Jewel Heart Members, \$550/Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website’s retreat page at jewelheart.org/retreats. For more information, call Jewel Heart at 734-994-3387 or email to programs@jewelheart.org. jewelheart.org.

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Shamanism

Basic Shamanic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • July 10, 11 • 9:00 a.m. • The shamanic journey is an easy and powerful tool we can use to access spiritual guidance. In this class, you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. You will learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. \$140. \$160 if paid after July 1. Contact Judy Liu Ramsey at ramsey.judy003@yahoo.com; <https://JudyRamsey.net>.

Connection & Empowerment with Connie Eiland, Shamanic Practitioner • Saturday, July 10 • 10:00 a.m. • With journeys and divination, this class will advance your skills and improve your connection to Spirit and the web of Life. It will help clarify and strengthen your personal power. Time will be spent partly in nature to assemble a medicine bundle. Ceremony and initiation are included. \$180 till June 26, then \$220. Contact Connie Eiland at 248-809-3230 or clshebear7@gmail.com; shewolfshaman.com.

Spiritual Development

Peace Generator (via Zoom) with Craig Harvey • Friday, June 18, July 16, August 20 • 7:00 p.m. • Meditate, pray, and set intentions for peace. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Stress Management

Stress Management Traumatic Incident Reduction Workshop with Marian Volkman • August 3 • 10:00 AM • 5 day online workshop 10-4 each day Practical Trauma and Stress Resolution. Move Beyond Symptom Management to Effective Trauma Recovery. Continuing Education credit available for Social Workers. Learn to use (TIR) Traumatic Incident Reduction, effective for reducing and eliminating after effects from: Stress, Difficult relationships, any upsetting, severe or shocking event War trauma, either received, caused or observed, trauma caused as well as received or observed, including domestic violence, accidents and injuries, losses of all kinds, unwanted feelings or thoughts. \$695. Contact Marian Volkman at marian@tir.org or 734-662-6864; or visit appliedmetapsychology.org/professional-training/meet-the-trainers/marian-volkman/

Tai Chi, Martial Arts, and Self Defense

Yang & Chen Tai Chi: Beginning/Intermediate with Karla Groesbeck • On-going, Everyday • Visit website for course times • Multiple classes: Qigong & Easy Tai Chi, Tai Chi for Mobility Maintenance, Yang & Chen Long & Short Forms. Free/Low Fee. Contact Karla Groesbeck at 734-325-4CHI or info@taichilove.com; taichilove.com.

Classes with Asian Martial Arts Studio • Ongoing, In-Person classes. Visit website for dates/times • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children's classes offered also. Contact Asian Martial Arts Studio at 734-994-3620 or info@a2a.m.as.com; or visit a2a.m.as.com.

Writing and Poetry

Sit. Stop. Write. Zen and Poetry workshop with Dmitry Berenson • Sunday, June 27, July 25, August 22 • 1:15 p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We will do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Donations only. Contact Marta Dabis at 248-202-3102 or JissojiZen@gmail.com; JissojiZen.org.

Crazy Wisdom Poetry Workshop (via Zoom) with Edward Morin, David Jibson, and Lissa Perrin • Monthly, Second Wednesdays: July 14, August 11 • 7-9 p.m. • Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; <https://cwcircle.poetry.blog/>.

Crazy Wisdom Poetry Featured Readers (via Zoom) with Carolyn Wright, Kelly Fordon, and William Trowbridge • Wednesday, July 28 • 7-9 p.m. • Each night one featured reader will share for 50 minutes, followed by an open mic reading for one hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. Wright will share in May, Fordon in June, and Trowbridge in July. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; <https://cwcircle.poetry.blog/>.

Writers' Workshop: Summer Flourishings with Tarianne DeYonker, OP, MSW • Thursdays, July 15, July 22, July 29, and August 5 • 6:00 p.m. • Come gather with other creative writers for time set aside to express what's been hidden inside but longs to enjoy the light of long summer days. Whether you write as spiritual practice or to give creative expression to your ideas and feelings, consider joining a supportive group of writers and invest the time. Cost: \$80 full series. Registration Required. Contact the Weber Center at webercenter@adriandominicans.org or 517-266-4000.

How to Get Your Children's Book Illustrated and Published with Upasna Kakroo • Saturday, July 17 • 12:00 p.m. • Upasna Kakroo, illustrator and co-author of the children's book Lil' Danny Runs A Race, will share her journey of how to get from concept to finished product in the genre of Children's Literature. \$5. Contact Clementine at fitfundone@gmail.com.

Yoga

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. \$21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or [imaginefitnessandyoga.com](https://www.imaginefitnessandyoga.com).
Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or [yogaroomannarbor.com](https://www.yogaroomannarbor.com).

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Beginning/Supported Yoga (online) with Sue Salaniuk • May through August • 10:00 a.m. • Yoga for beginning students or those who wish a more supported approach. \$98/week or \$15/single class. Contact sue@yogaspacennarbor.com.

Experienced Intermediate Yoga (online) with Sue Salaniuk • May through August • 6:00 p.m. • For experienced students who are working on inversions or appropriate alternatives. \$98/7 weeks \$15/class. Contact sue@yogaspacennarbor.com.



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